

# Seated Massage



Are your job duties stressful?  
Do you spend many hours at the computer?

Try a 15 minute seated back massage to help alleviate some of the stress in your body. One session will help you achieve greater relaxation, lower your blood pressure, and release tension in the muscles of your back, neck and shoulders.



*Seated Massage is conducted by  
Robert McGinnis, Certified Massage Therapist*

Appointments are held every Tuesday afternoon  
from 12:15 pm until 3:15 pm

*Please sign up at the Wellness and Fitness Center  
front desk or call 2-9890*

*15 minute sessions-space is limited  
Fee: \$15*